



## Check and Report Ebola Kit



**If you get sick, get care early for your best chance to get better!**



**U.S. Department of  
Health and Human Services**  
Centers for Disease  
Control and Prevention



Dear Traveler,

Whether you are returning home or just visiting, welcome to the United States! Since you are coming from a country with an Ebola outbreak, you may be worried and have questions. On behalf of the Centers for Disease Control and Prevention (CDC), I want you to know that we CARE!

This Check and Report Ebola (CARE) Kit will provide you with information and tools you need to protect your health and the health of those who are close to you. The tools in this kit will help you look for Ebola symptoms and communicate with your health department each day for 21 days after your departure from a country that has an Ebola outbreak.

We at CDC are committed to improving the health and safety of people around the world. CDC is working 24 hours a day, 7 days a week to stop the Ebola outbreak at its source.

We need your help! By following the instructions in this kit, you can protect yourself, your family, and others who are close to you. Together, we can stop Ebola.

A handwritten signature in black ink that reads "Thomas Frieden". The signature is fluid and cursive.

Thomas R. Frieden, MD, MPH  
Director, CDC

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## Connect with Your Health Department



After you arrive in the United States, a public health worker from a state or local health department will call you within 24 hours. During the call, you will learn:

- Who to call if you get sick with Ebola symptoms.
- How to report your health checks every day to the health department.

**If you do not get a phone call from a public health worker within 24 hours, call the health department in your state using the list of phone numbers on pages 10 and 11.**

How does your health department want you to report your health checks? (Check one.)

- ☐ Taking a call
- ☐ Making a call
- ☐ Meeting in person
- ☐ Visiting a website
- ☐ Other: \_\_\_\_\_

Write down the contact information given to you by the public health worker:

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email or website: \_\_\_\_\_

If I get sick, the public health worker told me to:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Use the space below to write any other important information given to you.

\_\_\_\_\_

\_\_\_\_\_

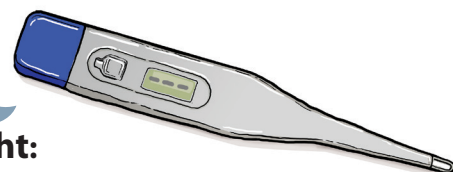


**Let your health department know about your travel plans, especially if you are going to another state, leaving the country, or taking a cruise. If you are allowed to travel, there may be special steps you need to follow.**

- If you plan to travel to another country, let your health department know and call the country's embassy to find out if they have any travel bans or quarantines for people who have recently been in a country with an Ebola outbreak (<http://1.usa.gov/1FdJbpv>).
- If you plan to take a cruise, call the cruise line to learn about restrictions that may apply to you. Some cruise lines may not allow passengers to board ships if they have recently been in or traveled through certain countries.



If you have been exposed to Ebola, it may take up to 21 days to know if you will get sick. It is important to check your health **two times each day for 21 days after you leave a country that has an Ebola outbreak**. Follow the steps below to check and report your health:



## Step 1 Do health checks every morning and every night:

- take your temperature (see pages 4 and 5),
- look for any other Ebola symptoms (see page 6 for a list of symptoms), and
- write your temperature and any symptoms in the log (see pages 8 and 9).

DATE	SYMPTOMS	TEMP
<b>DAY 0</b> Jan 1, 2015	Day 0 is the day you left the country that has an Ebola outbreak.	
<b>DAY 1</b> Jan 2, 2015	No Symptoms	98.6
	No Symptoms	98.6
<b>DAY 2</b> Jan 3, 2015	No Symptoms	98.6
	No Symptoms	98.6

## Step 2 Report your temperature and any symptoms to your health department every day. In most cases, you can continue your daily activities, **UNLESS**:

- you have a fever (you feel feverish or your temperature is 100.4°F/38°C or above) **OR**
- you have any other Ebola symptoms.

3 WEEKS						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

## Step 3 If you have a fever or any other Ebola symptoms, **DO NOT** go out in public! Get care **IMMEDIATELY** by calling your state or local health department.

- If you cannot talk to someone at your health department right away, call CDC at 1-800-232-4636.
- If you have a medical emergency, call 911 and let them know you are in the CDC Ebola CARE Program.





The thermometer in your CARE Kit is for **ONLY YOU** to use. **DO NOT SHARE IT.**

## Before you take your temperature:

**WAIT 30 MINUTES** after eating, drinking, or exercising.



**WAIT 3 TO 4 HOURS** after taking medicines that can lower your temperature, like:

- acetaminophen, also called paracetamol (such as Tylenol®)
- ibuprofen (such as Motrin® or Advil®)
- aspirin

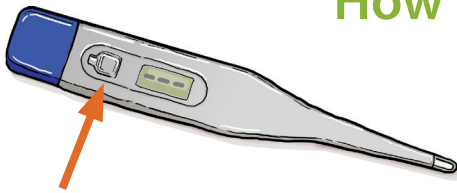


### To change the thermometer from Fahrenheit (°F) to Celsius (°C)

The thermometer is set to measure temperature in Fahrenheit. For most thermometers, if you want to switch to Celsius, turn on the thermometer and wait for the dashes to appear. Quickly press and hold the button located near the display screen. You will see the "F" change to "C."

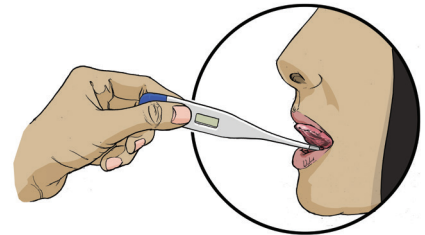
If you have any questions about how to use your thermometer, read the instructions included in the box.

## How to Take Your Temperature



1. Turn the thermometer on by pressing the button near the screen.

2. Hold the tip of the thermometer **under your tongue** until it beeps. Do not bite the thermometer.

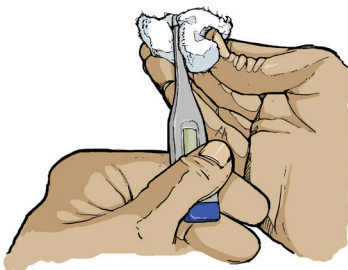


3. Read your temperature on the screen.

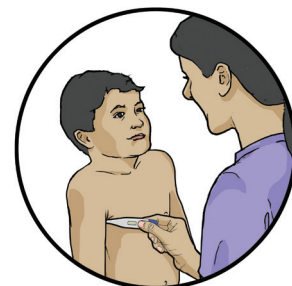
4. Write your temperature in the Symptom and Temperature Log on pages 8 and 9.



5. Clean the tip of your thermometer with soap and water.



**Please note:** For children under 4 years old, place the thermometer under the child's arm in the center of the arm pit. Tell the public health worker that you are taking your child's temperature this way.



# Symptoms of Ebola

Track your symptoms  
on the following  
pages for 21 days.

## Remember:

Check symptoms and report early!

Getting care early is your best chance to get better!



**FEVER**



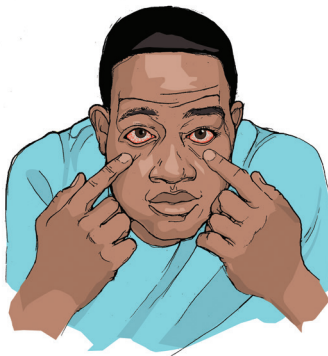
**STOMACH PAIN**



**DIARRHEA OR  
RUNNING STOMACH**



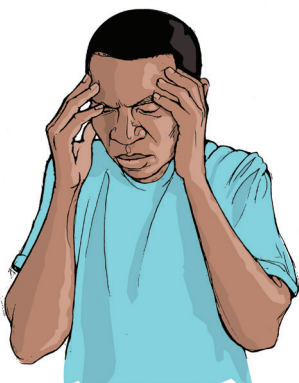
**VOMITING**



**BLEEDING: RED EYES**



**MUSCLE PAIN**



**HEADACHE**



**BLOODY NOSE**













**FEELING WEAK  
OR TIRED**



## How to Use Your Symptom and Temperature Log





















Twice a day (morning and night), write down your temperature and any Ebola symptoms you may have on the following pages. Do this every day until 21 days after you left the country that has an Ebola outbreak.























1. Fill in the dates on the log, starting with Day 0 and ending with Day 21.  
Day 0 is the day you left the country that has an Ebola outbreak.
2. Start recording your temperature and symptoms, beginning with today's date.

	DATE	SYMPTOMS	TEMP
<b>DAY 0</b>	Jan 1, 2015	Day 0 is the day you left the country that previously had an Ebola outbreak.	
<b>DAY 1</b>	Jan 2, 2015	 No Symptoms	98.6
		 No Symptoms	98.6
<b>DAY 2</b>	Jan 3, 2015	 No Symptoms	98.6
		 No Symptoms	98.6
<b>DAY 3</b>	Jan 4, 2015	 No Symptoms	98.6
		 No Symptoms	98.6
<b>DAY 4</b>	Jan 5, 2015	 No Symptoms	98.6
		 No Symptoms	98.6
<b>DAY 5</b>	Jan 6, 2015	 No Symptoms	98.6
		 No Symptoms	98.6

# Symptom and Temperature Log

Write your symptoms and temperature in the space below, and share this information with your health department every day.

DATE	SYMPTOMS	TEMP
DAY 0	Day 0 is the day you left the country that has an Ebola outbreak.	
DAY 1	<div><div></div><div></div></div>	
DAY 2	<div><div></div><div></div></div>	
DAY 3	<div><div></div><div></div></div>	
DAY 4	<div><div></div><div></div></div>	
DAY 5	<div><div></div><div></div></div>	
DAY 6	<div><div></div><div></div></div>	
DAY 7	<div><div></div><div></div></div>	
DAY 8	<div><div></div><div></div></div>	
DAY 9	<div><div></div><div></div></div>	
DAY 10	<div><div></div><div></div></div>	

DATE	SYMPTOMS	TEMP
DAY 11	 	
DAY 12	 	
DAY 13	 	
DAY 14	 	
DAY 15	 	
DAY 16	 	
DAY 17	 	
DAY 18	 	
DAY 19	 	
DAY 20	 	
DAY 21	 	



If you do not get sick during the 21 days, your daily health checks will be complete and no longer needed. You will also know that you do not have Ebola.

## Phone Numbers for State and Local Health Departments

Use this list of phone numbers if you need to contact the health department in your state. These phone lines are monitored at all times, and travelers may call 24 hours a day, 7 days a week.

**This list of phone numbers may change.** For the most up-to-date list, visit [www.cdc.gov/vhf/ebola/outbreaks/state-local-health-department-contacts.html](http://www.cdc.gov/vhf/ebola/outbreaks/state-local-health-department-contacts.html).

State	Phone Number
Alabama	1-866-264-4073
Alaska	1-800-478-0084 or 1-907-269-8000
Arizona	1-480-303-1191
Arkansas	1-501-661-2136
California If you are in L.A. County, call:	1-916-845-8911 1-213-989-7140
Colorado	1-303-692-2700 M–F 8 am – 5 pm MST 1-303-370-9395 after 5 pm & weekends
Connecticut	1-860-509-8000
Delaware	1-302-744-4700
District of Columbia	1-844-493-2652
Florida	1-850-245-4401
Georgia	1-866-782-4584
Hawaii	1-808-586-4586 7:45 am – 4:30 pm HST 1-808-566-5049 after hours
Idaho	1-208-334-5939
Illinois If you are in Chicago, call:	1-217-782-7860 1-312-744-5000 (ask for the Communicable Disease Physician on call)
Indiana	1-317-233-1325 or 1-800-382-9480
Iowa	1-800-362-2736 1-515-323-4360 after hours (ask for the IDPH Epidemiologist on call)
Kansas	1-877-427-7317
Kentucky	1-888-973-7678
Louisiana	1-800-256-2748
Maine	1-800-821-5821
Maryland	1-410-795-7365
Massachusetts	1-617-983-6800
Michigan	1-517-335-9030
Minnesota	1-651-201-5414
Mississippi	1-601-576-8085
Missouri	1-800-392-0272, extension 1

State	Phone Number
Montana	1-406-444-0273
Nebraska	1-402-471-1983
Nevada	1-775-400-0333
New Hampshire	1-603-271-5300
New Jersey	1-609-392-2020
New Mexico	1-505-827-0006
New York If you are in New York City, call:	1-866-881-2809 1-347-396-6194
North Carolina	1-919-733-3419
North Dakota	1-800-211-4451
Ohio	1-614-722-7221
Oklahoma	1-405-271-4060
Oregon	1-971-673-1111
Pennsylvania	1-877-724-3258
Puerto Rico	1-787-380-8112 or 1-787-679-6295
Rhode Island	1-401-222-2577 M–F 8:30 am – 4:30 pm EST 1-401-272-5952 after 4:30 pm & weekends
South Carolina	1-803-608-6014
South Dakota	1-605-280-4810
Tennessee	1-800-404-3006
Texas	1-800-705-8868 and 1-800-252-8239
Utah	1-888-374-8824
Vermont	1-802-863-7240
Virgin Islands If you are in St. Thomas/St. John, call: If you are in St. Croix, call:	1-340-774-9000 1-340-773-1311
Virginia	1-866-531-3068 (ask for on call epidemiologist)
Washington	1-206-418-5500
West Virginia	1-800-423-1271, extension 1 or 1-304-558-5358, extension 1
Wisconsin	1-844-WI-EBOLA (844-943-2652)
Wyoming	1-888-996-9104

# How to Use Your CARE Phone

While you are in the United States, you can use your CARE phone to stay in contact with your health department and for personal communication. The phone is pre-paid for at least 21 days and is ready to use for unlimited domestic calls and text messages during that time.

## Low battery indicator

## Make a call

Enter the phone number and press the green button.

## Answer a call

Press the green button.

## Charge your phone

Connect the charger to the phone and plug the other end into an outlet.



## Text and voice messages

### Receiving

When you see **"New Message"** on your screen, press the large center button to hear the voice message or read the text.

At any other time, you can listen to voice messages by pressing and holding the **"1"** button.

### Sending

To send a text message, go to **"Menu."** Select **"Text Messages."** Then select **"New Message."** Enter the phone number and your message. To send the text, press **"Options,"** scroll to and press **"Send."**

## Turn on phone

Press and hold the red power button.

## What should you do with your phone after 21 days?

The phone is yours, so you can decide what to do with it. If you would like to keep your phone and extend service at your own cost, dial 611 on your phone or visit <http://att.com/gophone>.

If you do not want to keep your phone, you can donate it by returning it to a cell phone store that collects old phones. For example, AT&T stores will accept this phone for donation. Many charities collect used phones, so you may want to donate it to an organization of your choice.

Ebola is spread by **direct contact** (through broken skin or mucous membranes in, for example, the eyes, nose, or mouth)

- with the blood or body fluids (such as urine, saliva, sweat, feces, vomit, breast milk, and semen) of a person who is sick with or has died from Ebola;
- with objects (like needles and syringes) contaminated with body fluids of a person who is sick with Ebola or has died from Ebola;
- with infected fruit bats and primates (apes and monkeys); and
- possibly with semen from a man who has recovered from Ebola (for example, contact during oral, vaginal, or anal sex).

### CDC Resources

CDC's website has resources in English, French, and Spanish to help you understand Ebola at [www.cdc.gov/ebola](http://www.cdc.gov/ebola). You may also want to refer friends and family to the CDC Ebola website to learn more.

**For answers to commonly asked questions, see the following:**

**General Information:**

[www.cdc.gov/vhf/ebola/outbreaks/2014-west-africa/qa.html](http://www.cdc.gov/vhf/ebola/outbreaks/2014-west-africa/qa.html)

**Food Safety and Ebola:**

[www.cdc.gov/vhf/ebola/transmission/qas-food-safety.html](http://www.cdc.gov/vhf/ebola/transmission/qas-food-safety.html)

**How Ebola is Spread:**

[www.cdc.gov/vhf/ebola/transmission/qas.html](http://www.cdc.gov/vhf/ebola/transmission/qas.html)

**Pets, Other Animals, and Ebola:**

[www.cdc.gov/vhf/ebola/transmission/qas-pets.html](http://www.cdc.gov/vhf/ebola/transmission/qas-pets.html)

